



March 8, 2024
Y4.com Co.,Ltd

Selected as Contracted Organization for Specific Health Guidance
by Nagano Prefecture National Health Insurance Association in Fiscal Year 2024.

It has been announced that for the fiscal year Reiwa 6 (2024) in Nagano Prefecture, our company has been selected as a specific health guidance institution for the contract to provide specific health guidance to dependents and others of medical insurers (insured entities).

Our specific health guidance program offers a platform that supports health management and lifestyle improvement for users through online individual consultations utilizing ICT and the smartphone app "Vital Gain.

In this platform, users receive individual evaluation sheets based on health data collected from wearable devices during the guidance period, encouraging continuous behavior change. The platform supports easy and enjoyable management of exercise, diet, and sleep through automatic recording and visualization features. Professional health advisors provide personalized advice based on data, facilitating effective health guidance and lifestyle improvement.



<For inquiries regarding this matter>

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